



# COMMUNITY Groups

## March 12<sup>th</sup>, 2017: FEAR'S KRYPTONITE

### OPEN

- What was one of the things growing up as a child that you were most afraid of, and why? Did you ever get it?

### DISCUSS & APPLY

- Open to Ephesians chapter 6 and read v. 18-20. What were some of Ryan's main points from the sermon this Sunday? What stuck out to you personally? What was your biggest take away?
- Describe a time or circumstance in your life where you were clearly held back because of fear. How has the enemy used fear in your life recently as a "weapon"? How has fear kept you from being who you are called to be?
- What do you think it means to "pray on all occasions" or to "always keep on praying"? Why do you think prayer plays such a crucial part in spiritual warfare? How would you describe the relationship between prayer and fear in your own life?
- Read Matthew 26:36-46. What stands out to you in this passage, and why? What can we learn from the disciples' behavior here? In your own mind, what does it mean that "the spirit is willing, but the flesh is weak"?
- What are all the ways we see the enemy using fear as a weapon in this episode from Matthew? In what ways do we see the value of prayer from these verses? What else does this passage bring to your mind? Where do you see yourself in the story?
- How could prayer be a more regular part of the way you fight your spiritual battles? What are some obstacles to prayer in your life? What are some simple and/or creative ways we can overcome these challenges?

### COMMIT

What is one specific way you can use prayer in your life this week to combat fear? How can our group support each other as we walk this out?

### PRAY

Ask everyone in your group to raise their hand if they feel like fear is a major thing holding them back in life right now. Have each person who raised their hand prepare to express their fear in a single sentence - "I'm afraid that..." or "I am letting fear destroy..." Go around the room and have these sentences said out loud one by one. Take some time in between each statement and have the group pray short prayers of hope and encouragement over each person. "God, thank you that you love Hannah and that you are her refuge." "Jesus, protect George's mind and heart and help him to trust you, for you are good."